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Movember madness

You want to show your support for the hairiest month — but you're a woman. Never fear. Mo Sistas can also play a crucial role during the campaign PAGE 18

4SCR&7YRSAGO

IF ABE LINCOLN COULD TEXT, WHAT WOULD HE WRITE? ONLY DANIEL DAY-LEWIS AND SALLY FIELD KNOW THE ANSWER PAGE 14

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Carleton student escapes blasts

Syria. Determined to document the conflict in his home country, Yaman Marwah makes it through bombings

JOE LOFARO
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In the span of 10 days, Carleton University student Yaman Marwah went from sipping a coffee at a Second Cup in downtown Ottawa to escaping a barrage of deadly bomb blasts in Binnish, Syria.

The 18-year-old law and economics student met with Metro on Oct. 23, the day before his trip to his home country, and said he wanted to document his humanitarian aid efforts on the front lines and show the footage to the outside world.

"There's a lot of people who don't believe what's happening," said Marwah at the time, alluding to conflicting reports from Syrian media and other news sources. "I have 5,000 (friends) on Facebook. Once I publish things from my own camera, my own lens, those 5,000 people will believe that this is actually happening in Syria."

Since arriving in Syria on Oct. 26, Marwah shared what he described as his best shots of his trip on Facebook. One shows him posing with children from a Syrian refugee camp. Another shows him participating in a rally in Binnish.

But the most arresting photo is one he took on Saturday. In a Skype interview with Metro from Antakia, Turkey, Marwah explained how it will be a day he will never forget.

He said he was sitting in an Internet café going through his photographs when he heard the roar of a plane. "When we went to the door toward the noise of the bombs, we were automatically — just by the force of the bomb — we were thrown away at least a metre back," he said.

He said the blast was about 200 metres from where he was and he suffered a minor leg injury. Binnish was hammered by more rocket blasts, he said, which left about 15 dead and 50 injured. Reuters reported Saturday's attack in Binnish came from government fighter jets.

The next day Marwah posted a photo he took of a four-storey housing complex that was completely levelled. At least one woman and two young children died from the attack, he said.

"What was going through my mind was I was supposed to be dead right now. The only thing I could have imagined is me in their spots," said Marwah. "It was the longest 10 days of my life."

For more on Marwah's story, see page 4.

Yaman Marwah, centre, talks with a member of the Free Syrian Army on Oct. 26 as he is driven to Taftanaz, Syria. The Carleton student wanted to document the strife in his home country so more people would believe reports of what is happening there. COURTESY FARIS AL SHAWAF

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Economic branch wants more money

City hall. Additional $270,000 sought for two new economic development staffers

ALEX BOUTILIER
alex.boutilier@metronews.ca

At a time when most city hall departments are being asked to trim fat, Ottawa's economic development wing is asking for an additional $548,000.

In a 2013 work plan coming before the city's finance and economic development committee Tuesday, the economic development department proposes a $6.13 million budget.

That includes the existing 2012 base budget ($5.58 million) and the department's 2013 request ($548,000).

The majority of the new money sought by the department, around $270,000, would be dedicated to adding two new positions to the six-person office.

Another $200,000 is being requested for preparations for Canada's sesquicentennial anniversary in 2017. A further $50,000 would go to a mural grant program for Ottawa's business improvement districts, while $28,000 is earmarked for education and celebration of Samuel de Champlain's first voyage through Ottawa 400 years ago.

The department listed 13 items they plan to focus on in 2013. Most are continuations of work already begun, such as a partnership with Invest Ottawa and work on a new film, television and digital media studio.

Mayor Jim Watson hinted last week that an announcement on that studio, which the city committed $1.5 million in capital spending for, is expected soon.

Hollywood ... east?

Local filmmaker Jith Paul said the new film and television studio will be an economic boon for the region.

- "There are some things that you really need a sound stage to do," Paul said. "The perfect mix would be beautiful locations that you can shoot and also a studio where you can shoot indoor stuff."

Rocking out at Rock Camp for Girls

Danika Krul, 12, left, and Kelsey Munroe, 15, rock out with Jenna Landriault, 13, and Jessica North, 17, (both not shown) at Capital Rehearsal Studies on Sunday. The girls were participating in the sixth annual Rock Camp for Girls, a two-day crash course in rock and roll for girls between 13 and 17. ALEX BOUTILIER/METRO

Murray runs for Ontario Liberal leadership

Ontario Liberal MPP Glen Murray is stepping down from his role as the province's minister of training, colleges and universities to focus on his bid for the provincial Liberal leadership race. THE CANADIAN PRESS

Former Ontario cabinet minister Glen Murray jumped into the provincial Liberal leadership race Sunday, becoming the first to officially make a play for the party's top spot.

Murray made the announcement a day after stepping down as minister of training, colleges and universities — Premier Dalton McGuinty has said any minister seeking the job must quit cabinet.

At a news conference at Maple Leaf Gardens, the Toronto-Centre MPP said he has the experience and ideas to take the reins of the party, which has struggled since forming a minority government.

Quoted

"This race is about picking someone who has a clear agenda and a premier who is ready."
Glen Murray, Toronto-Centre MPP

"This race is like no other," Murray, 50, told a crowd of cheering supporters. "The winner of this race will be the premier of a minority government with an opposition set to force an election," he said.

McGuinty announced two weeks ago that he was leaving public office after nine years as premier and 16 years as party leader.

Murray, who was the mayor of Winnipeg from 1998 to 2004, was first elected to the Ontario legislature in a 2010 byelection in Toronto.

"I've been a big-city mayor. I have successfully led a large government through similar challenges to the ones we face now," he said, adding he did so by working with people "of all political stripes."

So far, the only other contender for the job is former Municipal Affairs Minister Kathleen Wynne, who gave up her cabinet post earlier this week.

THE CANADIAN PRESS

Proper burial

Feds reject most vet funeral pleas

A federal burial fund meant to give impoverished veterans a final, dignified salute has rejected over two-thirds of the applications it's received since 2006.

Of the accepted requests, the feds contribute just over $3,600 to the funeral cost of destitute ex-soldiers, a figure substantially lower than what some social services departments pay towards the burial of the homeless and those on welfare.

According to figures put before Parliament, of the 29,853 requests made to the veterans funeral and burial program, 20,147 pleas for funding (67.4 per cent) were rejected.

THE CANADIAN PRESS

Armed robbery

Pizza or your life

A pizza-delivery man was robbed of his cash and the pizza he was delivering by two men with a gun on Friday morning in Gatineau.

The man was delivering the pizza to 13 Rue Massé close to 1 a.m. The men also stole a two-litre bottle of Pepsi. THE CANADIAN PRESS

Cadillac collision

Crash sends woman to hospital

Ottawa firefighters cut open a Cadillac to rescue a young woman trapped inside after a two-car collision at the corner of Metcalfe Street and Gladstone Avenue, early Sunday morning. The woman was taken to hospital in stable condition. METRO

Firefighters look over the wreck of a Cadillac involved in a crash early Sunday morning. CONTRIBUTED

Syria: A civil war

En route to Ottawa from Turkey, more than 3,000 photos sit on Yaman Marwah's laptop. Since anti-Bashar al-Assad demonstrations started in Syria in March 2011, the 18-year-old student has spearheaded a number of demonstrations and fundraisers in Ottawa echoing the voices of the uprising. Some of the photos show him buying bread and rice to give people in a Qatmeh refugee camp. "The situation is very bad there," says Marwah. "When we talked to them they said the last time they got bread was 10 days ago." The next step in his mission is to continue fundraising and demonstrating in Ottawa, but with stronger ammunition — his photographs, videos and first-hand accounts of violence and suffering. "Once people see the footage in the fundraising we do, I guarantee you people are going to donate much, much more than they usually do." If that happens, he says it will be one of his biggest accomplishments.

JOE LOFARO
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1 Bombing of Binnish.

A four-storey housing complex lies in rubble after government fighter jets reportedly drop a barrage of bombs in a main square in Binnish, Syria. CONTRIBUTED BY YAMAN MARWAH

2 Man on a mission.

Yaman Marwah outside a Second Cup in Ottawa, before his trip. JOE LOFARO/METRO

3 War's destruction.

Yaman Marwah poses in front of buildings in Binnish on Oct. 26 that he said had been damaged more than six months ago. CONTRIBUTED BY FARIS AL SHAWAF

4 Basic necessities.

Yaman Marwah looks at bread he helped buy on Oct. 31 for people staying in a Qatmeh refugee camp. CONTRIBUTED BY FARIS AL SHAWAF

5 Protest march.

Yaman Marwah walks in a rally in Binnish, Syria where he said demonstrators called for freedom and for Bashar al-Assad to step down. CONTRIBUTED BY FARIS AL SHAWAF

6 Peace signs.

Yaman Marwah poses with children who are staying in a Qatmeh refugee camp. CONTRIBUTED BY FARIS AL SHAWAF

School in B.C. polygamous community closes

Bountiful. Most students from shuttered school are now taught at home

A school in Bountiful, B.C., with links to jailed polygamist leader Warren Jeffs has abruptly closed its doors, with most of its students now relying on home-schooling in a community that has long been accused of using classrooms to indoctrinate children rather than educate them.

Bountiful Elementary-Secondary School shut down without explanation in September, the province's Education Ministry confirms, and nearly all of its former students are being home-schooled. The school, which received provincial funding for some grade levels, had an enrolment of 265 students last year.

Bountiful is a small commune of about 1,000 people in southwestern B.C. Residents follow a fundamentalist form of Mormonism, which, unlike the mainstream Mormon church, condones polygamy as a tenet of the faith.

Bountiful Elementary-Secondary School was one of two schools in the community, which itself is split into two divided factions.

The school was controlled by the faction that remains connected to the Fundamentalist Church of Jesus Christ of Latter-day Saints, or FLDS, and its jailed leader Warren Jeffs.

THE CANADIAN PRESS

Quote

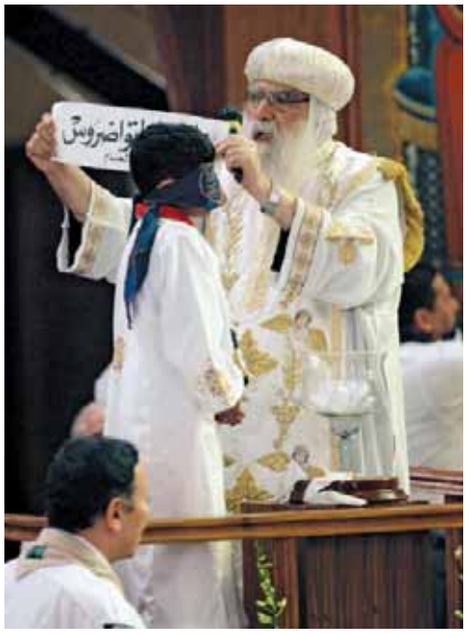
"I'm very pleased with the way the community is working with us."

Jeff Jones, school district superintendent, commenting on working with Bountiful, B.C., parents transitioning to home-schooling.

Background

The Bountiful, B.C. community has come under scrutiny.

- **Trial.** Education in the community was criticized during a high-profile trial in late 2010 and early 2011 that examined Canada's polygamy law.
- **Religion.** The trial heard testimony from former Bountiful residents, who recalled being taught religion for several hours each day at Bountiful Elementary-Secondary School.
- **Home-schooling.** Most of the students are now enrolled in a local home-schooling program known as Homelinks.



New Coptic pope in Egypt

Acting Coptic Pope Pachomios displays the name of 60-year-old Bishop Tawadros, soon to be Pope Tawadros II, during the papal election ceremony at the Coptic Cathedral in Cairo on Sunday.

NASSER NASSER/THE ASSOCIATED PRESS

Private member's bill.

Conservative MP takes aim at CBC access requests

St. Albert MP Brent Rathgeber couldn't disclose all of the details of his private member's bill Sunday because it won't go to the House of Commons until Monday afternoon.

But he did say he is trying to correct a problem with how the CBC has used an exemption for journalistic and creative activities in dealing with access-to-information requests.

"The act as currently written allows the CBC to take sort of a blanket exemption approach that if any (access) requests deal with their journalistic programming or creative activities they just refuse to disclose."

Rathgeber said there should be some sort of test to see if it would really hurt the broadcaster to release the information. Journalistic sources, event bids and other sensitive information would still be protected, but other items like salaries could still be disclosed.

He said courts and the information commissioner have recognized the problem and he just wants to fix it.

"This is a problem here, this is not some vendetta or spite I have against the CBC. This is not what this is about at all."

CBC spokesperson Angus McKinnon said the broadcaster would wait to see the bill before commenting on it.

RYAN TUMILTY/METRO IN EDMONTON

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Aftermath. Sandy victims pray for relief, electricity

Storm victims went to church Sunday to pray for relief and give thanks for their deliverance as cold weather settling in across the New York metropolitan area compounded the misery for people already struggling with severe gasoline shortages and power outages.

Hundreds of parishioners in parkas, scarves and boots packed the pews and stood in the aisles for Mass at a chilly Church of St. Rose in flood-ravaged Belmar, N.J. Firefighters and police officers sat in the front rows and drew applause.

With about 700,000 homes and businesses in New York City, its northern suburbs and Long Island still without electricity six days after the storm, New York Gov. Andrew Cuomo warned that many homes are becoming uninhabitable and that tens of thousands of people are going to need other places to stay.

More than 900,000 homes and businesses in New Jersey were still without electricity.

Damage has been estimated at $50 billion US, making Sandy the second-most expensive storm in U.S. history, behind Hurricane Katrina in 2005. THE ASSOCIATED PRESS

Having faith

"There's more happiness in life than there is the opposite. And it will be back."

Roman Catholic Bishop David O'Connell

Felice Vazquez, of Hoboken, N.J., greets a neighbour Sunday as she mans a table providing hot drinks and snacks while the buildings around them remain without power due to damage caused by Superstorm Sandy.
JOHN MINCHILLO/THE ASSOCIATED PRESS

Pittsburgh zoo

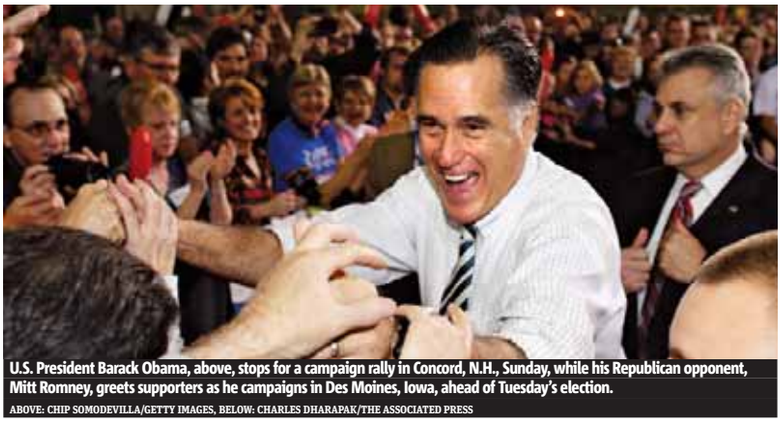
Young boy mauled by wild dogs at zoo

A young boy visiting the Pittsburgh zoo with his mother and friends was killed Sunday when he fell about 14 feet off a deck into an exhibit that's home to a pack of African painted dogs, who pounced on the boy and mauled him, zoo officials said. It's not clear whether he died from the fall or the attack, said Tracy Gray of the Pittsburgh Zoo & PPG Aquarium.

When the boy fell, other visitors immediately told staff members, who responded along with Pittsburgh police. Zookeepers called off the dogs. THE ASSOCIATED PRESS

Obama and Romney blitz swing states

Final push. Obama leading by a slight margin in key states as more than 27 million Americans vote in advance of Tuesday's election



U.S. President Barack Obama, above, stops for a campaign rally in Concord, N.H., Sunday, while his Republican opponent, Mitt Romney, greets supporters as he campaigns in Des Moines, Iowa, ahead of Tuesday's election.
ABOVE: CHIP SOMODEVILLA/GETTY IMAGES, BELOW: CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama and Republican rival Mitt Romney engaged in a frenzied cross-country blitz of the remaining toss-up states Sunday, in a race that remains too close to call just two days before Election Day.

National opinion polls showed a race for the popular vote in Tuesday's election to be so close that only a statistically insignificant point or two separated the two rivals.

But the majority of polls in the battleground states — especially in the Midwestern states of Iowa, Wisconsin and Ohio — showed Obama with a slight advantage, giving him an easier path to the 270 electoral votes needed for victory. No Republican has won the White House without carrying Ohio.

Making his closing case to voters Sunday in Des Moines, Iowa, Romney pledged, if elected, to work with Democrats to restore the American dream and bring the economy roaring back to life.

"We're Americans. We can do anything," Romney said. "The only thing that stands between us and some of the best years we can imagine is a lack of leadership — and that's why we have elections."

Obama, too, said he is willing to work across party lines to break Washington's gridlock, but assured some 14,000 supporters who gathered in Concord, N.H., that he would not compromise key Democratic priorities such as health care and college financial aid.

"I know I look a little bit older, but I've got a lot of fight left in me," Obama said. "We have come too far to turn back now. We have come too far to let our hearts grow faint. It's time to keep pushing forward."

The final national NBC/Wall Street Journal Poll, conducted from Thursday to Saturday, showed Obama getting the support of 48 per cent of likely voters, while Romney received 47 per cent. THE ASSOCIATED PRESS

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Courtesy of Tackles Photo Inc.

JACQUES FILLION
Casino du Lac-Leamy

OTTAWA TOURISM'S 2012 STAR OF THE CITY

Grand Prize sponsored by: The Ottawa Gatineau Hotel Association

Some boaters got themselves into trouble when trying to dock their vessel. When the dock staff warned the couple that their line was wrapped beneath the boat to the point that it could rip the metal cleat off the bow, the wife yelled to her husband to put the boat in neutral. The dock staff were able to connect with their manager who contacted Jacques, an employee of the Casino du Lac-Leamy and an avid diver. Jacques went home and got his diving gear and returned to dive in, locate and cut the line, as well as inspect for any damage.

In recognition of his efforts, Jacques has been named Ottawa Tourism's 2012 Star of the City, and received a travel voucher for an all-inclusive sun vacation for two courtesy of the Ottawa Gatineau Hotel Association, plus a $500 Shop Card from the Rideau Centre and $250 gift certificate from the Firestone Restaurant Group.

Congratulations to Jacques FIllion and to all the nominees, finalists and category award winners honoured at Ottawa Tourism's 17th Annual Stars of the City Recognition Evening on October 24 at Algonquin College's School of Hospitality and Tourism.Ottawa Tourism's Stars of the City Program celebrates individuals working on the front-line of tourism who provide exceptional customer service.

2012 STARS OF THE CITY CATEGORY AWARD WINNERS

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To the surprise of the guest, Andrew arrived at the train station with his missing wallet.

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TEREZA ROPETSKA
SOUTHWAY INN & CONFERENCE CENTRE
When a bicycle rental couldn't be found, Tereza offered her own bike for the guests to use during their week-long stay

STARS WITH HEART
Sponsored by: Carleton University Conference Services

ERIC HYATT
CITIZEN OF OTTAWA
Eric's caring actions ensured the safety of a visitor to Ottawa.

ABOVE & BEYOND
Sponsored by: Algonquin College

JACQUES FILLION
CASINO DU LAC-LEAMY
Jacques' hobby of scuba diving came in handy when a boat's bowline became tangled it its motor.

THE METROPOLITAN
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AWESOME OTTAWA
The Awesome Foundation Ottawa chapter distributes $1,000 awards every month to projects and their creators, with the money pooled from the pockets of individual "trustees".

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Harper arrives in India to kick off six-day trip

Trade and investment focus. Currently trade sits at a modest $5.2 billion annually, and both countries hope to triple that by 2015

Hours before Stephen Harper's plane set down in India, he was already signalling his embrace of one of the world's most formidable economies — with a bite of a samosa.

On the way to Agra, where he eventually arrived on Sunday evening, Harper tucked into a platter of the savoury Indian pastry with three of his Indo-Canadian MPs.

"I'm a spicy food eater," Harper conceded to reporters who had been invited to his private cabin on the government plane.

Prime Minister Harper and wife Laureen arrive in Agra, India, Sunday. THE CANADIAN PRESS

"I like everything, I love Indian food, I don't eat it that often, but I love Indian food."

Harper's unusually long six-day trip to India will be heavily focused on encouraging trade and investment, but will also touch on the personal ties between the two countries. Several reporters from Indo-Canadian media outlets have come along for Harper's trip. He is set to visit Chandigarh in the Punjab region, from where so many Canadians hail. The first stop on Monday will be the Taj Mahal, the elaborate marble tomb built in the 17th century.

Later, Harper is to participate in a business forum in the capital, New Delhi. Trade between Canada and India sits at a modest $5.2 billion annually, but the countries would like to see at $15 billion by 2015. THE CANADIAN PRESS

47 couples tie knot in mass marriage

An Indian Muslim bride looks aside during a mass marriage for 47 couples in Ahmadabad, India, on Sunday. Mass marriages are organized by social organizations primarily to help families who cannot afford the high ceremony costs, as well as the elaborate dowry that is often customary. AJIT SOLANKI/THE ASSOCIATED PRESS

Coronavirus

Another infected in Saudi Arabia

Saudi Arabia has reported another person infected with the new coronavirus that emerged this year. This infected person is in Riyad. It's the third such case. The news comes as the Hajj ends and millions head home. THE CANADIAN PRESS

Staff Sgt. Robert Bales

U.S. soldier charged in killing 16 villagers, kids

The American soldier accused of carrying out one of the worst atrocities of the Iraq and Afghanistan wars appears in military court Monday.
THE ASSOCIATED PRESS

Election in 2014

South African politics heats up

South Africa's deputy president is being urged to challenge President Jacob Zuma for the leadership of the ruling party, the ANC. Kgalema Motlanthe is dubbed Zuma's "silent opponent."
THE ASSOCIATED PRESS

Israeli land. Palestinian president suggests going home may be a lost cause

The Palestinian president has set off a strident debate by shattering a once-inviolable taboo, publicly suggesting his people would have to relinquish claims to ancestral homes in Israel.

Mahmoud Abbas' comments on the refugee issue, made in an interview on Israeli TV over the weekend, triggered hot responses from Palestinians and Israelis alike.

In Israel, it suddenly put the long-sidelined issue of peace talks back in the Israeli public's consciousness ahead of parliamentary elections.

Palestinians have maintained for six decades that Arabs forced from their homes during Israel's creation, as well as their descendants, have the right to reclaim their former property.

Israel says a mass return of what could be five million people would spell its end as the Jewish state. Also, Israel rejects the concept of a "right of return."

In the interview, Abbas was asked about his birthplace of Safed — now a town in northern Israel. He told the interviewer that while he would like to visit, he doesn't claim the right to live there.

President Mahmoud Abbas
THE ASSOCIATED PRESS

"I am a refugee, but I am living in Ramallah (in the West Bank). I believe that the West Bank and Gaza is Palestine. And the other parts is Israel," Abbas said in English. "I want to see Safed. It is my right to see it, but not to live there," he said.

The comments were widely seen as an acknowledgment that return of all the refugees would be impossible.

Israeli Prime Minister Benjamin Netanyahu wasn't impressed, noting that Abbas subsequently backtracked. "No one can forfeit the right of return," Abbas told Egypt's Al-Hayyat TV on Saturday. **THE ASSOCIATED PRESS**

Foul-weather friends

Chinese paramilitary policemen march past a line of vehicles trapped by heavy snow on an expressway in Yanqing county, near Beijing, on Sunday. THE ASSOCIATED PRESS

Border security. Canada's unreliable info could harm deal with the U.S.

Canadian officials worry that the poor quality of information routinely collected from airline passengers could hamper a key feature of the perimeter security deal with the United States.

An internal Canada Border Services Agency briefing note warns the lack of reliable data might be an obstacle to compiling a comprehensive record of almost everyone who enters and leaves the continent.

The deal is intended to help smooth the passage of travellers and cargo across the Canada-U.S. border while beefing up continental security.

Currently, commercial airlines flying into Canada must provide the Canada Border Services Agency with what's known as Advance Passenger Information and Passenger Name Record data.

However, there have long been concerns about the accuracy and reliability of such information.

THE CANADIAN PRESS

Study

"37 per cent of data transmitted ... was not accurate."

A 2007 federal auditor general report on the advance passenger information of four flights the previous year

New committee

Tories solicit advice for vice regal spots

The Conservative government is creating a new advisory committee to help choose candidates for vice regal appointments such as the governor general.

The committee will be headed by Kevin McLeod, Canada's secretary to the Queen.

It will also have two permanent federal members along with two temporary regional members.

Prime Minister Harper said in a release that the purpose is to ensure a "non-partisan consultation process."

THE CANADIAN PRESS

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U.S. election. Politics will dominate markets this week

Stock markets will likely be in for quiet trading at the beginning of this week with traders cautious ahead of the U.S. election on Tuesday that is too close to call.

"It's a huge week on the political scene," said Colin Cieszynski, market analyst at CMC Markets Canada, who observed that China will also be in focus. The Communist Party's 18th Party Congress meeting kicks off on Thursday, which will see the leadership transition of the party and also the country.

The Toronto markets chalked up a rise of 0.65 per cent last week in the wake of positive Canadian earnings reports. New York markets were slightly lower despite strong U.S. economic data, including consumer confidence at the best level in almost five years, and data showing expansion in the U.S. and Chinese manufacturing sectors.

The week was capped by a stronger-than-expected U.S. employment report for October as the American economy cranked out 170,000 jobs last month, higher than the 125,000 that had been expected. THE CANADIAN PRESS

Sex-abuse scandal

U.K. may launch public inquiry into BBC conduct

Britain's government could order a full public inquiry into the British Broadcasting Corp.'s handling of the Jimmy Savile sex-abuse scandal, the country's top media minister said Sunday.

Culture Secretary Maria Miller was quoted as telling The Sunday Telegraph newspaper that a formal investigation into the broadcaster could be launched, if its own internal inquiries don't establish how the famed TV host's behaviour was allowed to go unchecked for decades.

Savile, one of the BBC's best-known entertainers, has been accused of sexually abusing hundreds of vulnerable young people. The host died last year at the age of 84.

THE ASSOCIATED PRESS

Endangered pay phones prove their worth in emergencies

Telecom. While Sandy shows how valuable archaic technology can be, up to 25% of booths in Ontario and Quebec are threatened

The events of Superstorm Sandy are raising questions about the importance of pay phones in emergencies, even as two of Canada's largest telecom companies say they will tear out some public telephones unless they are allowed to sharply raise prices.

New Yorkers were forced to turn to their neighbourhood's coin-operated phones last week as flood waters knocked out power and cellphone reception in areas ravaged by Sandy, the massive storm that swept across the Eastern Seaboard.

But a push from Bell Canada and Bell Aliant Inc. could make it harder to find those pay phones in Canada during emergencies.

Earlier this year, both companies made applications to the Canadian Radio-television and Telecommunications Commission for rate hikes that could double the price of a pay-phone call.

People wait to use a pay phone on Bright Beach Avenue on Oct. 31 in the Brooklyn borough of New York, after Superstorm Sandy knocked out cellphone reception. Despite their value during emergencies, pay phones may be cut even further in Ontario and Quebec if the CRTC doesn't approve price increases. JOHN MINCHILLO/THE ASSOCIATED PRESS

Under the submission, they are asked for the ability to boost the price of a local call to as much as $1 each, compared to the current price of 50 cents.

Then in September the two telecom companies added extra pressure to their request by saying that without a rate increase, they would be forced to get rid of their least-profitable pay phones.

That could mean that up to 25 per cent of their pay phones in Ontario and Quebec would disappear if the CRTC doesn't allow them to raise prices.

THE CANADIAN PRESS

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AND MULTIPLE INTAKE POINTS AT ALGONQUIN CAREERS ACADEMY

ALGONQUIN CAREERS ACADEMY PHOTO

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Algonquin's course offerings reflect trends in the current marketplace. It was, for example, the first private college in Ottawa to offer an accredited paralegal program. Offered at Algonquin's Ottawa and Mississauga campuses, and accredited by the Law Society of Upper Canada, this 44-week program trains you for positions in law firms, government, banks, legal clinics, and more. It can also prepare you for a career as a self employed paralegal.

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A SLOW SOLUTION FOR BRONSON?

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

Opportunities to slow down can be hard to find, so I hope you took full advantage of that extra hour we shook loose Sunday by turning back the clocks and letting the sunrise catch up with the morning.

Shoppers Drug Mart also gave customers an unexpected breather in the customary rush between retail seasons. The chain, which usually starts piping Christmas music into its stores promptly on Nov. 1, announced on its Facebook page that, in response to customer complaints, they would dreck the halls a little later this year.

Perhaps inevitably, other customers are now complaining about the delay in festivities. They'll no doubt have little trouble getting their fix from the PA system of the nearest mall. These holiday hurriers are perhaps the same ones who already had the plastic reindeer out on the lawn last weekend beside their neighbours' withering jack-o'-lanterns.

Life in the fast lane

In just one day on Bronson this past January, one pedestrian was seriously hurt by a car at Brewer Way and another got clipped at Somerset, a section where the speed limit's already 50, but traffic is often faster.

The rest of us at least get a chance to get rid of our trick-or-treat residue on the new biweekly garbage pickup regime before getting on the Yuletide Express.

This slowdown in the flow of trucks to our curbs is in turn supposed to slow the pileup at the Trail Road landfill, so that we might dispose of the wrappers from another 20 Halloweens and Christmases there.

Slow is also the word at the transportation committee, which this week considers a proposal from Coun. David Chernushenko to drop the speed limit on part of Bronson Avenue. The problematic stretch between Holmwood Avenue and Brewer Way, with current posted limits of 60 and 70 kilometres per hour, would be slowed to 50.

Cyclist Krista Johnson, killed there last month, was only the latest in a long procession of injuries and fatalities on the busy arterial road. In just one day on Bronson this past January, one pedestrian was seriously hurt by a car at Brewer Way and another got clipped at Somerset, a section where the speed limit's already 50, but traffic is often faster.

A proposal to put the latter section of Bronson on a "road diet," using the opportunity of this year's reconstruction to shrink it from four lanes to three, thereby slowing down traffic, went nowhere.

Accidents happen, and speed is far from the only factor in them, but it undeniably drives up the toll. New York City's successful road-safety campaign makes much of statistics showing a pedestrian struck by a car at 50 miles per hour has a roughly 80 per cent chance of survival, but at 65 clicks, that likelihood shrivels to 30 per cent.

The city's public-works department, while it has no objections to lowering the limit on Bronson, says the current speeds are about right, given road design and driver behaviour.

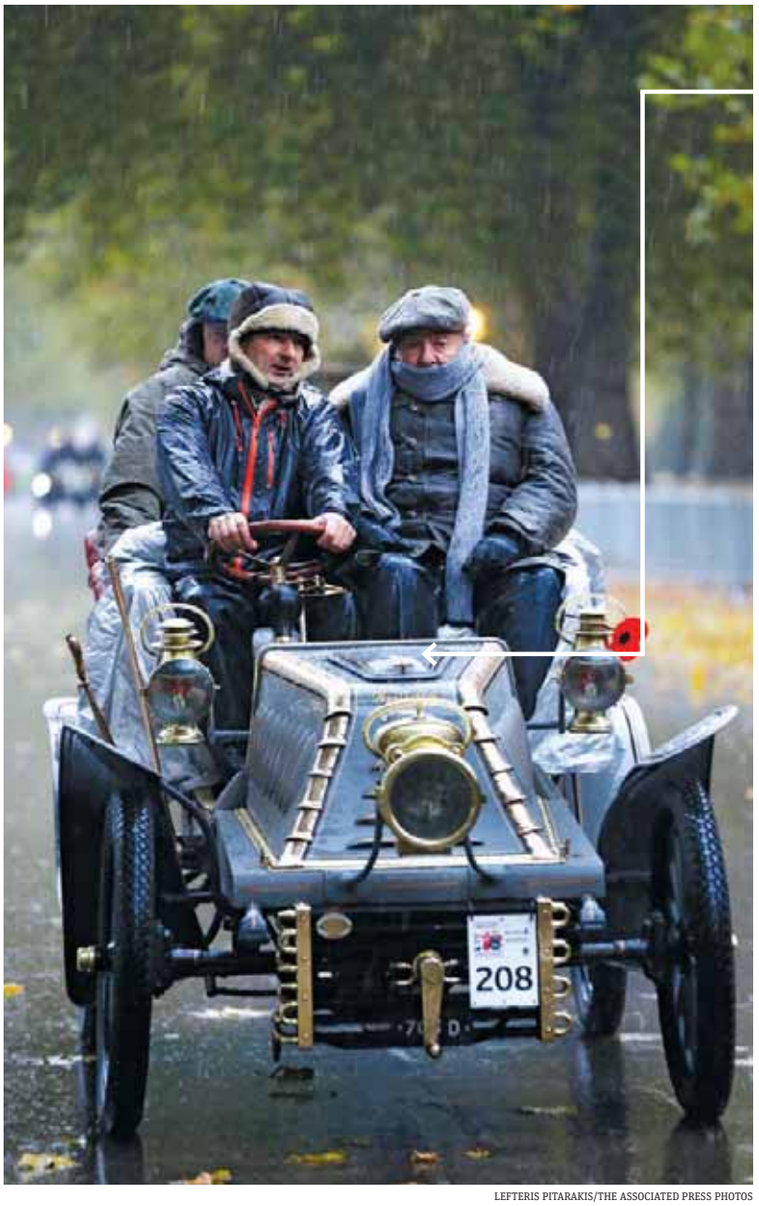
Anyone not inside a vehicle might disagree. Cyclists often ride illegally on the sidewalk here, and given the choice between paying a fine or swimming with the speeding steel sharks, it's hard to blame them, but they in turn endanger both pedestrians and themselves.

Cutting down speeds on this short-but-dangerous 200-metre stretch of road is not expected to seriously slow down anyone's commute, but putting the brakes on a road built for speed may still be a tough sell to motorists.

Drivers may chafe, for example, at sticking to the 60 km/h limit on a gently curving multilane stretch like Aviation Parkway between Ogilvie and Montreal Road. It just seems to cry out for at least 80, but drivers are well advised to watch it, as speed traps are a regular fixture at the entranceway to La Cité Collégiale. Pedestrians crossing there without the benefit of a crosswalk, signal or sign, just illumination from above, provide one very good reason for the limit and strict enforcement.

Council is to decide on slowing Bronson down Nov. 14. In the meantime, everyone travelling it by whatever means should remember that it's not just the speed that gets you. It's the abrupt, unplanned stop.

This ride will go down in history



LEFTERIS PITARAKIS/THE ASSOCIATED PRESS PHOTOS

Step on the gas!

Pre-1905 cars put on some clicks

Participant Paul Noon drives his 1902 Westfield car in central London, England, during the London to Brighton Veteran Car Run on Sunday.

More than 500 pre-1905 vehicles made their way on the historic 100-kilometre run from Hyde Park in London to coastal Brighton in southern England, in the world's longest-running motoring celebration spanning 116 years.

The run is not a race but an endurance event and the drivers are not competitors but participants, hence why there is no "first to Brighton" award.

All participants who complete the course receive a finisher's medal and certificate.

THE ASSOCIATED PRESS

The wheel deal

30 km/h

All vehicles must be driven at an average speed of no more than 30 km/h and, in case of breakdowns, outside assistance is only permitted at designated locations.

A 1904 Aster car is shadowed by a double-decker bus during the run.

Now that's using your head for cancer support

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

On Nov. 10, Bahareh Tabrizi will shave her head in a bold effort to raise money for cancer research — a gesture that will honour her late mother, Rafat, who succumbed to the disease.

Tabrizi has been involved in smaller fundraisers in the past, but it was an episode of the Ellen DeGeneres Show that inspired her to go bald — when country artist Kellie Pickler spoke about having shaved her head in support of a friend.

Tabrizi, whose mother lost her hair while undergoing cancer treatment, was immediately moved to make a personal statement of solidarity.

By shaving her head, she hopes to raise $5,000 to support the Canadian Cancer Society.

Having lost her mother to the disease 11 years ago, she knows first-hand the support they provide to cancer patients and their families.

As an added incentive, Tabrizi will honour the highest bidder by shaving their initials or company logo onto her head.

"Anything to raise more awareness and more funds!" she said. "The sad truth is that so many have been touched by cancer in one way or another. Together, I hope we can make a difference."

For more information, and to donate, visit convio.cancer.ca

CRAIG AND MARC KIELBURGER

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metro

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Sally Field stars in Steven Spielberg's new film Lincoln as Mary Todd, the wife of the assassinated president. HANDOUT

What if Lincoln could send a text message?

Lincoln. Sally Field talks about getting to know co-star Daniel Day-Lewis through modern-day means

NED EHRBAR
Metro World News in Hollywood

Sally Field didn't have any rehearsal time for Lincoln, in which she plays Mary Todd Lincoln opposite fellow Oscar-winner Daniel Day-Lewis' Honest Abe. Luckily, the pair had another way to develop the rapport and sense of intimacy necessary to portray the long-married couple: text messaging. In character.

You and Daniel Day-Lewis would text each other, in character, before and during production?
I actually kept all the texts. I printed them up, I will keep them forever. They were breathtakingly wonderful and important to me because he kept doing it throughout the whole filming. He would write me after I'd done big scenes. It meant so much to me, and I will never reveal it. I will never reveal what they are. They are mine, they belong to me — a little like what Mary Todd felt about Mr. Lincoln. She burnt many of his letters. "He belongs to me." And that relationship belongs to me and I will never share it. But I will talk about the texts. It was so wonderful and so funny, a lot of it. And so concise. You know, we were texting, but as precisely Mr. Lincoln and precisely Mary Todd as we could manage. In the middle of last summer, he took to sending me limericks, and I would answer him by being critical. You know, "Is this the way you spend your time?" And criticize his lack of intelligence and his use of language (laughs).

It seems daunting to apply that manner of language to typing with your thumbs on a phone.
Yeah. It was really hard to do. It was helped by the fact that I was in the midst of research myself, so I was reading all these letters that were written of the feeling of the time. The way they used language was incredible. And also [screenwriter] Tony [Kushner]'s words were already being imprinted on my head, so I had some sense of the use of the language, and it was really a challenge much of the time to say what I wanted to say and not lose how it is that it should be said or it would be said at the time.

Have you ever done anything like that with a co-star before?
You know, I have never done a role that's this intense and emotional and connected to one human being and never have any rehearsal. We never had any rehearsal. So many of the scenes that you see between Mary and Mr. Lincoln are literally walk on set and do it. And do very few takes. But we had done so much work, he and I, and I think we both have enough miles in the saddle, and the bubble that was created for us by Steven [Spielberg] and by him to stay immersed in this world, it made it very interesting and very challenging — but in a good way — to work. The difficulty is owning the language. It's so difficult to say.

It must be nice being one of the few people in this film that doesn't have to worry about outlandish facial hair.
No, but I had to worry about other things, like gaining weight.

You've mentioned Lincoln was very critical of Mary Todd, particularly about her weight.
Yes. He would always tease her about that. But he would do it with a sense of humour. It's in one of the letters. She would always threaten him that she was going to go and find another beau, even when they'd been married a long time. She would always dig it into him, and he said, "Have you weighed yourself?" It's in one of the letters. When I did this role, I gained 25 pounds. It was really important to me to get some of that girth. So we didn't pad anything.

You look fantastic now.
I haven't eaten since (laughs).

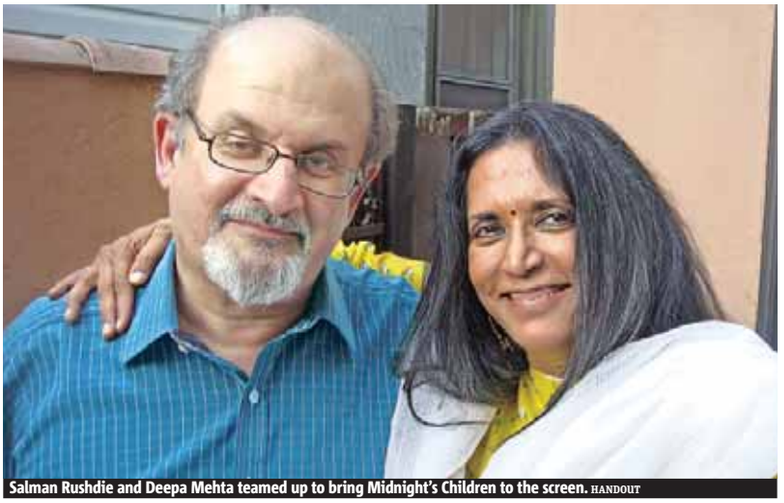
Modern twist

Texts from Lincoln. As Sally Field explained to Metro, she developed and maintained her relationship with Daniel Day-Lewis while portraying Abraham and Mary Todd Lincoln by text messaging each other in character. Of course, Field has vowed to keep the texts to herself, but she did give us a taste of one such message, sent shortly before Day-Lewis began filming: "I know that the task before you is an enormous one, but my task is you. And that is my sole task. And so therefore I will be on your porch tomorrow. Your choice is to let me in or not. And whether you let me in or not, I will not go. In lieu of a carriage, find your shoes." So how did Day-Lewis, as Lincoln, respond? "He wrote me back graciously and said, 'OK, fine,'" Field says.

Salman Rushdie revisits his epic tale of India's independence 31 years later

Midnight's Children. Author says writing screenplay was like having an argument with his younger self

LIZ BROWN
liz.brown@metronews.ca


Salman Rushdie and Deepa Mehta teamed up to bring Midnight's Children to the screen. HANDOUT

Salman Rushdie was only 34 when he won the Booker Prize for his novel Midnight's Children. That was in 1981. Twenty seven years later, over a dinner with his filmmaker friend Deepa Mehta, he got to talking about movie rights to his storied novel.

Right there, Mehta asked to buy the rights. He sold them to her for $1.

And so began a collaboration culminating in the release of the film adaptation of his book, which opens in theatres this Friday.

Midnight's Children follows its hero Saleem Sinai, who was born at midnight on Aug. 15, 1947, the day of India's independence from the British Raj. Sinai and other children born at this time are gifted with magic powers and as Sinai matures, his life parallels the growing pains of a newly independent India.

Rushdie had the difficult task of paring down his hefty 500-page novel into a screenplay that would be palatable for moviegoers.

To take a story that spans the history of India from 1917 to 1977 and compress it into a 148-minute film required some serious editing. "In the end, you have to ask yourself over and over again what is the essential story. It's finding a way of telling the story in the most compact way and then just having the faith that other things like the cinematography, the costumes, the actual performances, will add back a lot of what you've taken out," says Rushdie.

Wrestling with a story he had written nearly 30 years ago proved an interesting experience for Rushdie as well.

"When I started writing Midnight's Children, I was 28 years old. It's almost a different person who wrote it. Now I'm 65. It was like having an argument with your younger self on how to tell the story," he says.

Fatwa

Filming

When most hear the name Salman Rushdie, they automatically associate it with fatwa. Iran's Ayatollah Ruhollah Khomeini issued a fatwa, or ruling according to Islamic law, against Rushdie in 1988 following the publication of Rushdie's novel The Satanic Verses. Khomeini's fatwa ordered for Rushdie's execution and subsequently the author went into hiding. Today, Rushdie says he rarely feels the effects of the fatwa. However, while filming Midnight's Children in Sri Lanka, production was shut down for two days because of issues with the Iranian foreign ministry. "We're not exactly clear what happened," he says, speculating that someone in Iran's foreign ministry told the Sri Lankan ambassador they disapproved of the filming. According to Rushdie, the moment the Sri Lankan president was notified production was shut down, he overturned it and they were able to resumé work.

MAKING OTTAWA AWESOME

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Congratulations to Awesome Ottawa, winner of the Metropolitan award presented at Ottawa Tourism's 17th Annual Stars of the City Recognition Evening on October 24 at Algonquin College's School of Hospitality and Tourism. This award is presented to an individual or group in Ottawa and the National Capital Region that contributes to an initiative benefiting locals and visitors.

Awesome Ottawa is part of a global movement of self-organizing chapters forwarding the interest of awesome in the universe, $1000 at a time. At each chapter, ten or so "trustees" each contribute $100 every month, and review short applications received online to decide on the recipient of the pooled funds. Globally, more than $300,000 has already been awarded—$27,000 of that by Awesome Ottawa. Awards given by Awesome Ottawa have supported organized harvesting of under-appreciated urban fruit and nuts, the establishment of a public open-air reading garden, a giant lunchtime dance party, an art and education project, the equipping of a vuvuzela orchestra, and more.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears. ALL PHOTOS GETTY IMAGES

Lawsuit against Spears' family thrown out of court

Britney Spears has one less headache to worry about, as a judge has dismissed former manager Sam Lufti's case against the singer and her family, according to Hollyscoop.

Lufti's suit had claimed that Spears' mom defamed him in her book and her dad assaulted him and that Spears herself owed him nearly $1 million in unpaid wages because of a verbal agreement that he would manage her for a four-year period. Lufti is reportedly planning to appeal.

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The Word

DiCaprio casts off another model girlfriend

Leonardo DiCaprio has called it quits with yet another fashion model girlfriend, reportedly breaking up with Erin Heatherton after about 10 months of dating, according to Us Weekly.

"They split a few weeks ago. There's no bad blood, they still care about each other a lot," a source says.

"They're both just really busy. They had crazy schedules."

DiCaprio previously had long-term relationships with models Gisele Bundchen from 2001 to 2005 and Bar Refaeli from 2006 to 2011.

Amanda Bynes

Amanda Bynes threatens to sue over latest allegations

Amanda Bynes has been accused of engaging in a lot of unstable and unlawful behaviour this year. But apparently she draws the line at an In Touch magazine report that she paraded around a New York tanning salon completely naked, telling Celebuzz in a text message it wasn't true.

"That's not true, I'll sue."

The story claimed that Bynes emerged from a private tanning room completely naked and looking for a pair of goggles.

She "didn't seem to care that everyone saw her naked," a source says, adding that Bynes looked "painfully thin."

Emma Stone

Emma Stone not rushing to the altar anytime soon

Emma Stone and her Amazing Spider-Man co-star Andrew Garfield apparently couldn't be happier together, but that doesn't mean the world should be expecting engagement news anytime soon.

"There's no rush to get engaged. They are both young and ambitious," a source recently told Us Weekly.

"They just love spending time together. They are absolutely adorable together."

Twitter

@ralphmacchio
Lights just went on at Camp Macchio! Water is running!

@jimmykimmel
The SkyMall catalogue has gotten so commercialized

@prattprattpratt
Haiku of the day: Jack Daniel's Whiskey. Jack. I love you, Jack. I got your back, Mr. Jack. Forever my boy.

@SteveMartinToGo
I stand by my original apology.

Healing owies

Magic bandage remover

It's funny, isn't it, the crying and anxiety that comes with the simple task of removing a tiny bandage from a child? I have found a solution, though, that might save your sanity — and your child's. Simply dip your finger in baby oil and rub it on top of the bandage. In just seconds, the oil will seep into the bandage and viola: No more stickiness! The bandage just slides off and the skin is left soothed by the oil. CHARITY GASPER, YUMMYMUMMYCLUB.CA

Remembrance Day

Troop appreciation activities

1. Write to the troops: Any Canadian Forces Member
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PO Box 5140 Stn Forces
Belleville ON K8N 5W6
2. Print out free Remembrance Day colouring pages.
3. Wear a poppy to school.
4. Read the poem In Flanders Field together.
5. Read Winnie-the-Pooh and talk about Winnie's history. (True story: Winnie-the-Pooh was inspired by Winnipeg the Bear — a Canadian born bear adopted by a Canadian solider who became his regiment's mascot.)

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Five life lessons I have learned from my toddler

Wee ones. Two-year-olds actually have a lot of wisdom to impart

HAILEY EISEN
yummymummyclub.ca

Toddlers are incredible because, for the most part, they exist in a pure and natural state — untainted by society's expectations, standards and rules. They do what they want, when they want, until someone forces them to stop. They speak their minds and act without inhibition. Adults can learn a lot from them! Here's what mine has taught me.

Be persistent
If you want something badly enough, it's worth going after. Whether this means cajoling, bargaining, pleading or even stomping your feet. Even if someone is standing in the way of making your dream/goal/desire a reality, a healthy dose of conviction is sometimes all you need to break down that barrier. There's no talking my daughter out of something once she's made up her mind.

Be in the moment
If there's anyone who can teach us about mindfulness, it's a toddler. It's amazing to watch a kid play. It's as if nothing around them matters. They aren't worrying about how the week's weather forecast will interfere with their play dates or what to wear to the family dinner party. Kids live in the moment. They don't waste any time worrying about things in the future that they have no control over anyway.

Let your emotions flow
Have you ever watched a two-year-old process emotions? Mine can go from laughing hysterically, to crying, to sulking, to laughing in a matter of minutes. She expresses her emotions as she feels them, so she's never at risk of keeping them pent up. She doesn't know about holding a grudge and the longest she can stay angry with someone is five minutes.

Forget what others think
Do you ever wonder how you'd live your life if no one was watching? That's how my child lives every day. It may sound cliché, but it's totally liberating. I'm taking cues from her and quieting that inner voice that says, "What if they don't like me? What if they think I look fat?" As my daughter practices her plié sauté on a busy sidewalk wearing a tutu and a mismatched hat with chocolate smeared on her cheek, I have to ask myself: who cares? And the answer I'm going for is: not me!

There is a lot adults can learn from toddlers. ISTOCK

Love yourself
My daughter is happiest when positioned in front of the full-length mirror in our front foyer. She'll sing, dance, and have full conversations with herself. She's so happy with her own reflection that she never looks upon herself with criticism. This is what we all felt about ourselves when we were kids, before we started listening to the criticism of others. When was the last time you looked yourself in the mirror and felt nothing but love? When was the last time you celebrated your accomplishments? Take a lesson from this kid and start loving yourself more today!

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Are there real risks to colouring your hair if you're expecting?

KIM FOSTER
yummymummyclub.ca

Is hair dye harmful to your developing baby? There is a lot of rumour, a lot of urban myth and a lot of confusion out there.

First thing to know: There is very limited absorption of the chemicals used in hair dye through your skin. This is true, unless you have burns or open sores on your scalp. Or unless you're eating it.

Motherisk — the gold-standard source for pregnancy-related information — reviewed 25 studies on the subject of hair treatments and pregnancy, and concluded that hair treatments are "unlikely to cause adverse fetal effects."

There are no known or identified risks or birth defects that have been linked to hair chemicals, and "for the average pregnant woman, receiving hair treatments three to four times during pregnancy does not appear to increase risk of adverse effects on the fetus."

There are studies that look at hairdressers themselves: A population that is exposed to hair chemicals on a more or less daily basis.

One such study compared 550 hairdressers to a control group of women never exposed, and they found "no statistically significant differences in fetal loss, preterm birth, small for gestational-age babies, congenital malformations, or achievement of developmental milestones among their children."

Studies show that dying your hair during pregnancy is "unlikely to cause adverse fetal effects." ISTOCK

All of this is extremely reassuring. Years of experience and observation, coupled with the existing research, tells us that there is no cause for concern.

Bottom line: Colouring your hair when you are pregnant is considered safe. Of course the thing about research is that there's always new stuff coming to light. Although this is how things look right now, I cannot promise that we will never find any data that contradicts the basic position that colouring your hair is safe.

So what to do? You have to weigh things for yourself. It's important to feel good about yourself when you're pregnant. Maybe, for you, that means taking particular care of your appearance and colouring your hair. Maybe for you that means not having to worry about a potential, unknown risk. It has to be up to you.

Noticing some mo bros and sistas?

GILBERT NDIKUBWAYEZU
life@metronews.ca

In the next few weeks, you may see many men developing their whiskers in an exceptional way.

It's Movember — a combination of moustache and November — a time when men grow a moustache during the whole month of November.

By doing so, you participate in an awareness campaign against males' most pressing health issues, notably prostate cancer.

The worldwide campaign culminates in a multitude of fundraising parties, with proceedings going to programmes dedicated to fighting against prostate cancer and males' mental health.

Participation in Movember requires a guy to register for the campaign, with a completely shaved face starting on November 1.

The ultimate objective is to instill, throughout the month, discussions in all walks of life about the often ignored issues facing males' health.

Since its inception in 2004, Movember activities have spread around the world. Canada joined the movement in 2007 and this year such activities will be held in 21 countries.

In 2011, as many as 854,000 Canadians participated, raising $125.7 million for the Movember Foundation.

Mo Sistas

So it's Movember, the month to grow moustaches and fight prostate cancer. And you are a female. Doesn't really concern you, does it?

Well, yes actually. There are ways women can also play a role, and a vital one at that, during the Movember campaign.

"Just because you can't grow a moustache doesn't mean you can't have a life-saving conversation, create awareness and contribute to a great cause," said Angela McNally of Toronto, who has been a Mo Sista since 2010 and currently sits on its Toronto committee. "Standing behind this cause shows you are passionate to see a change in men's Health."

Mo Sistas play a crucial role during the campaign by acting as team captains, recruiting others to join, sparking conversations, lending support to Mo Bros who grow moustaches and raising general awareness for the importance of men's health, said Pete Mbombaci, director for Movember Canada.

There we more than 16,000 registered Mo Sistas last year. They have formed regional committees in Toronto, Calgary and Montreal.

GILBERT NDIKUBWAYEZU/FOR METRO

Movember expands scope to include mental health issues

In the spirit of continuing to address crucial issues that affect men's health, Movember has expanded its scope of campaign to include males' mental health.

Mental health problems affect 3.4 million Canadian males each year, said Pete Mbombaci, national director of Movember Canada, as he explained the reasons why the movement decided this year to include mental health in its campaign activities. In other words, one-in-five Canadian men is affected by mental health issues. This trend raises the rate of suicide among men. Despite the lower cases of depression reported, it has emerged that four out five suicides among young Canadian people are committed by men. These alarming numbers are what prompted the Movember foundation to include mental health in its awareness campaign this year, Mbombaci said.

"This is an important step in the evolution of Movember as we're able to continue to address critical men's health issues," he said, adding that the goal is to get people to have discussions about it to reduce stigma and discrimination associated with it.

Movember intends to partner with other existing organizations in the mental health field to form an industry think tank that will possibly convene in January to address key areas where funding is needed. Once decided, mental health organizations across Canada will be able to apply for funding for projects in the given priority areas, Pete added.

Movember campaign funds will also help raise awareness of men's mental health issues. ISTOCK IMAGES

At the Canadian Mental Health Association (CMHA), they've welcomed this Movember initiative, in as far as it will help men take recognition of mental health's severity.

"Many men don't believe they are susceptible to depression for example," said Peter Coleridge, national CEO of CMHA. He said that, just like prostate cancer, men's mental health issues are not spoken about among people, yet this is "the second largest threat to men's health after accidents."

"We encourage all Canadians to maintain and improve their mental health, and seek support and help when needed," he said.

Peter said the Movember campaign will help direct males to resources available to them at CMHA and other health organizations across the country. GILBERT NDIKUBWAYEZU/FOR METRO

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There's magic in your mistakes: success as defined by a Dragon

Telling it like it is.
W. Brett Wilson tackles the tough side of getting to the top

ELIZABETH BEDDALL
life@metronews.ca

Wilson is chairman of both Canoe Financial and his Prairie Merchant Corporation and is a member of the Order of Canada. HEATHER FRITZ

Dragons' Den co-star and Risky Business host W. Brett Wilson became one of Canada's top investment bankers, but learned the hard way that financial success and the respect of business peers can come at the price of losing health, family and friends. In his new book Redefining Success, which is in stores tomorrow, Wilson tells the story of hitting the big-time financially while hitting rock-bottom personally, and what led him to redefine his life.

Metro caught up with Wilson to chat about success, business savvy and what it truly means to be satisfied.

If we're being completely honest, does one's personal life have to suffer at least marginally in order to climb the professional ladder?
Yes, there are sacrifices for sure because we can only do one thing at time and we have competing demands on our time. That simply drives home the relevance of setting priorities to steward ones time with.

What are three key warning signs that you are not balancing work and life properly?
There are many warning signs, but at the personal level when you aren't allocating time to your health, your family and your friends ... quite simply you are not balancing life and work very well.

If I were hoping to get you to invest in my small business idea, what could I tell you that would make you back out immediately?
If you told me the idea was new and you thought it was worth a "flyer" I would question for passion, for the concept and ability and interest in following through — meaning I am gonzo!

What has been the biggest risk you've ever taken in your professional life and did it yield positive or negative results?
The biggest risk I ever took, in the eyes of my family and friends and peers, was starting FirstEnergy — the energy-focused brokerage firm — as the entrepreneur. I was comfortable with the risk (it was my life's focus after all), but there were many doubters. Did it work out? Financially it was a success. Personally, it absorbed every waking hour, to the detriment of key relationships in my life.

Can you recall a moment in your life where you felt like you achieved success wholly and completely?
Success is hard to measure, therefore it's hard to respond to the question.

Have I achieved success? The last line in my book offers: "A successful man is one who has earned the respect and admiration of others." I would add, "especially that of his children." On that basis — I hope I have achieved success. I know my life's work is far from done.

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Have you been dreaming in digital?

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BRUCE WALSH
life@metronews.ca

Could you turn your fascination with computers into a full-time career? ISTOCK

Cynthia Baron directs the master of professional studies in digital media program at Northeastern University in Boston, Mass. Like most graduate degrees of this kind, the Northeastern program only emerged in the past few years. She sat down with Metro to discuss this budding field of study.

Digital media studies are relatively new to the landscape of graduate degrees. Why have so many schools developed these programs?

I think it's pretty obvious that it's market-driven in the sense that more and more of our lives are touched by digital technology.

There's a big difference between understanding how to use a piece of software and why you would design it that way. And, when you put different processes together, it becomes very complicated.

There wasn't a place to study this in any one academic discipline.

Schools wanted to look at this phenomenon as a whole, instead of trying to do it piecemeal with added classes here and there in other areas of study.

What's the biggest misconception about graduate-level degrees in digital media?

People say, "Why do you need a degree in digital media? Couldn't I just take courses to learn how to use software?" You could, but that doesn't make you a digital media professional. That's like me saying I know how to use Microsoft Word, so that makes me a writer.

Are there fellowship opportunities in this field of study?

Fellowships in these areas are hard to come by. Most programs that do provide fellowships or TA positions offer them to a small number of students.

The vast majority of students in digital media fund their education through student loans.

Careers

Where do I go from here?

Cynthia Baron tells us what jobs digital media students wind up in?

"Interactive design, game design, web design, handheld media products, digital video, photography, 3D animation, web-based journalism. But, often, people come to us from specific fields — programming, engineering, art, design, communications, teaching — and they're looking to go back with a new skill set," she says.

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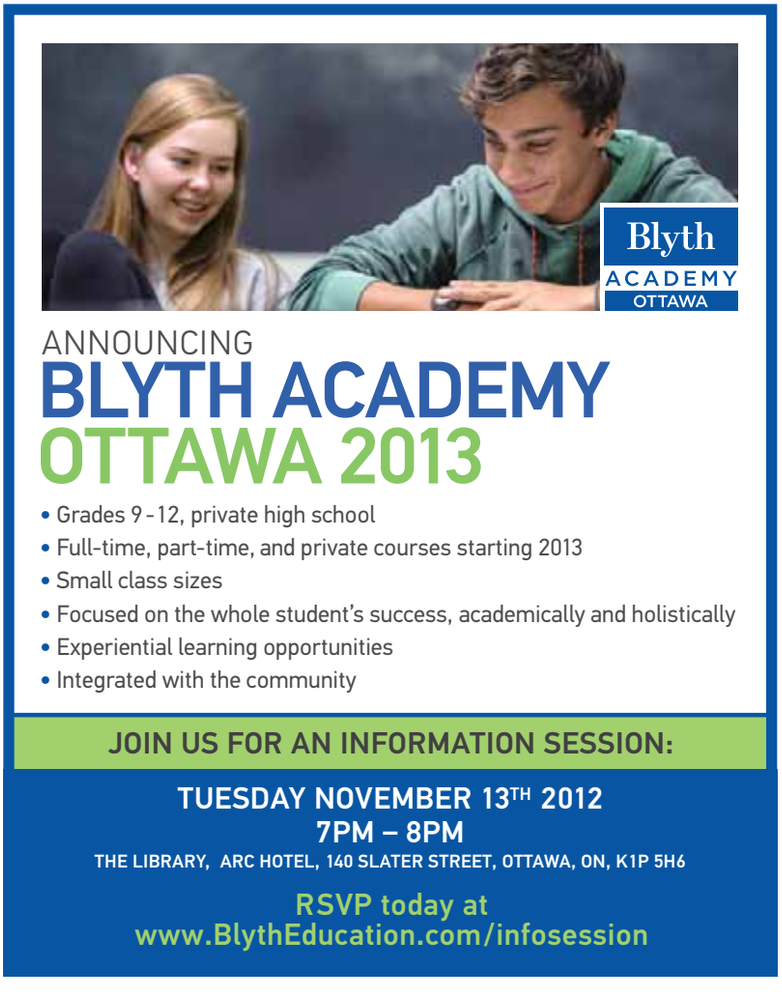
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The In-Credibility Factor

Name: Daniel Torjman
City: Toronto
Age: 33
Occupation: Designer, founder of clothing and accessory brand 18 Waits

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Daniel Torjman. LEETA HARDING

Torjman was working in the fashion industry in New York when he decided to move back to Canada and strike out on his own. He founded 18 Waits, and now his clothing and accessories are featured in high-end North American stores, like Holt Renfrew, and around the world in China, Japan and the United Arab Emirates.

I knew I was on my way when... we brought our collection to sell at a very well regarded trade show in Paris and New York and it was incredibly well-received. We showed alongside the best brands in the world for buyers who came from all over the world and everyone loved our brand and collection. It was pretty exciting as the people who walk these shows are educated, skilled and acutely aware of what's happening in the fashion world on an international level. And we fit right in.

Action Plan

• Be well organized. It's so easy for things to get out of hand — and quickly — when starting a business. Set up a good system of organization right off the bat so you're off to a good start and not trying to clean up messes down the road.

• Surround yourself with the right people. Don't have an ego about it. Find great people to work with and let them do what they're best at without getting in their way.

• Don't give up. It doesn't matter what industry you're in; starting and running your own business is not easy. But if your goal or dream is to do it then all the work is worth it. Don't get frustrated by small failings or not succeeding as fast as you would have hoped. It takes a few years for a business to really find its legs and start working. Lastly, work your ass off. Because that's what it takes to make it work. If you love what you do — which I do — the work is fun and exciting, as opposed to laborious and boring. Love what you do and then work your ass off doing it.

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French Toast gets a healthy facelift from multi-grain bread

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Pancake houses serve delicious French toast, cooked in loads of oil and smothered with butter and maple syrup. Delicious, but it's not healthy or low in fat. My version is delicious and healthy. Using the egg substitute lowers fat, calories and cholesterol.

Ingredients

- 1/2 cup egg substitute or 2 large eggs
- 3 egg whites
- 1/3 cup low-fat milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 4 slices multi-grain bread
- 3 tbsp pure maple syrup
- 1 tbsp sifted icing sugar
- 1/2 cup sliced strawberries

1. Whisk the eggs, milk, cinnamon and vanilla together in a shallow bowl until well blended. Dip a piece of bread into the mixture, making sure both sides are moistened. Do not leave the bread in the mixture for too long or the bread will fall apart. Repeat with another slice of bread.

2. Spray a large non-stick skillet with vegetable oil and place over medium heat. Cook 2 pieces at a time, browning each side, a total of about 5 minutes.

3. Garnish with a sprinkling of icing sugar, a drizzle of maple syrup and sliced strawberries.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

Per one slice

- **107 calories; 6.3 g protein; 1.3 g fat; 0.4 g saturated fat; 16 g carbohydrates; 3.8 mg cholesterol; 160 mg sodium; 2.4 g fibre**

Healthy eating

Choose it and lose it

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Sometimes getting a fresh breakfast on the table without being late for work or school isn't possible. But be careful with the alternatives.

Aunt Jemima Croissant Egg Sandwich

350 calories/ 23 g fat
Egg and cheese are the only safe items in this frozen breakfast. The croissant and sausage contain the majority of calories and fat.

Equivalent

One Aunt Jemima Croissant Egg Sandwich is equal in fat to almost six marshmallow dream bars from Starbucks.

Smart One's English Muffin with Egg, Cheese and Bacon

210 calories/ 6 g fat
Egg whites are used, reducing calories and fat.

Night Before Scrambled Eggs. Start today, finish tomorrow morning

Ingredients

- 45 ml (3 tbsp) butter or margarine, divided
- 22 ml (1 1/2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) salt
- 300 ml (1 1/4 cups) milk
- 425 ml (1 3/4 cups) shredded cheddar cheese, divided
- 75 ml (1/3 cup) finely chopped onion
- 250 ml (1 cup) sliced mushrooms
- 12 eggs

1. In saucepan, melt 15 ml (1 tbsp) of butter. Whisk in flour and salt. Gradually whisk in milk until smooth. Bring mix to simmer over medium heat, stirring constantly, until slightly thickened. Remove from heat. Add 300 ml (1 1/4 cups) of cheese, stirring until melted. Set aside.

2. In frying pan, melt remaining 30 ml (2 tbsp) butter. Add mushrooms and onion; sauté until tender.

3. Whisk eggs. Add eggs to mushroom-onion mixture. Cook until eggs are just set but still a little wet. Stir cheese sauce into egg mix. Spoon mix into a greased 23-cm (9-inch) square baking pan or 2.5-l casserole. Sprinkle remaining 125 ml (1/2 cup) cheese over top. Cover and refrigerate overnight.

4. The next morning, uncover and bake in a 180 C (350 F) oven until heated through and cheese is melted, 20 to 25 minutes. THE CANADIAN PRESS/ EGG FARMERS OF ONTARIO

Breakfast faves meet in Skillet Blueberry Muffin Pancakes

What do you do when you are hankering for blueberry muffins, but don't have a muffin pan handy? Well, you can cook them the same as you would pancake batter, in a skillet, using the muffin batter.

Why not just make blueberry pancakes? To answer that, look at the differences between pancake and muffin batters. Though recipes will vary, most pancake and muffin recipes call for equal amounts of flour and eggs. But while pancakes call for more liquid, muffins get more sugar, fat and baking powder.

So while muffin batter cooked in a skillet may resemble a pancake, the taste is all muffin. You can even top the muffins with a blend of cinnamon-sugar. This caramelizes beautifully when you flip them. And while muffins can take half an hour to bake, these pancake-style muffins cook up in just minutes.

Ingredients

For the muffins
- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tbsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- Zest of 1 lemon
- 1 cup milk
- 1 egg
- 2 tbsp canola or vegetable oil
- 1 tsp vanilla extract
- 1 cup fresh blueberries

For the topping
- 2 tbsp brown sugar
- 2 tbsp cinnamon

1. In bowl, stir flour, sugar, baking powder, cinnamon, salt and lemon zest. In separate bowl, whisk together the milk, egg, oil and vanilla.

2. Add liquid ingredients to the dry, then stir just until a batter forms. Gently stir in the blueberries. Set aside.

3. In small bowl, mix brown sugar and cinnamon.

4. Heat skillet over medium. Coat with cooking spray, reduce heat to low, then ladle batter into the skillet, using about 1/3 cup per muffin. Do not crowd the pan, as muffins will spread. Sprinkle the top of each muffin with a bit of the topping. Cover and cook for 6 to 8 minutes, or until risen and browned on the bottom. Use a spatula to flip and cook for another 2 to 4 minutes. Repeat with remaining batter. THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Marathon meeting offers hope for lockout talks

NHL. No. 2 men from league and players' union have 'frank discussion,' pave way for bargaining sessions to resume

The conversation is flowing again between the NHL and NHL Players' Association.

A marathon meeting between deputy commissioner Bill Daly and NHLPA special counsel Steve Fehr stretched from Saturday afternoon into the early hours of Sunday morning, and was followed by some encouraging news: The sides expect to return to the bargaining table again soon.

"We met on and off for most of the day and covered a lot of ground," Daly told The Canadian Press via e-mail. "We plan to meet again early in the week."

Daly and Fehr got together at an undisclosed location in an effort to shield themselves from the media spotlight and start finding a way forward in negotiations. The session included "good, frank discussion on the most important issues separating us," according to Daly.

It represented a significant departure in protocol from the last few months, when the parties rarely sat down together for more than an hour or two at a time. The meeting was also unique because it included just the No. 2 men from the league and union, perhaps offering a harbinger of better times ahead (Daly and former NHLPA deputy Ted Saskin laid the groundwork for the deal that ended the 2004-05 lockout).

There was certainly a positive feeling in the air afterwards, with Fehr saying in a statement that he agreed with how Daly summed up the session.

"Hopefully we can continue the dialogue, expand the group, and make steady progress," added Fehr.

There had been no signs of progress since the sides last met in mid-October. In fact, the news had all been negative, with a deadline to salvage an 82-game season passing, the NHL calling off all games through Nov. 30 and an announcement Friday that the Jan. 1 Winter Classic at Michigan Stadium was being postponed, likely until next season. THE CANADIAN PRESS

Formula 1

Title race open after Raikkonen wins in Abu Dhabi

Kimi Raikkonen won a crash-filled Abu Dhabi Grand Prix on Sunday for his first victory since returning to Formula One this year, a result which throws open the drivers' championship with two races remaining.

Raikkonen, the 2007 champion who drives for Lotus, overtook Red Bull's Mark Webber at the start to move into second. He took the lead on the 20th lap when McLaren's Lewis Hamilton retired because of an electrical problem.

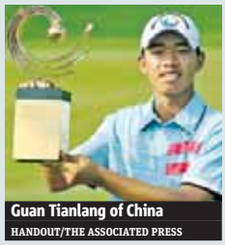
Raikkonen held off Ferrari's Fernando Alonso, who finished second. Two-time defending champion Sebastian Vettel clawed back from last to finish third, his lead over Alonso cut to 10 points. THE ASSOCIATED PRESS

Golf

Teen Tianlang going to Masters

Guan Tianlang of China won the Asia-Pacific Championship in Thailand on Sunday, making the 14-year-old the youngest player to qualify for the Masters.

The previous record was Matteo Manassero of Italy, who was about to turn 17 when he played in 2010. THE ASSOCIATED PRESS



Guan Tianlang of China
HANDOUT/THE ASSOCIATED PRESS

Luck's record-setting day leads Colts past Dolphins

Indianapolis Colts quarterback Andrew Luck pitches the ball to Dwayne Allen while under pressure against the Miami Dolphins on Sunday in Indianapolis. Luck threw for 433 yards and two TD passes, breaking Cam Newton's single-game passing record (422 yards) for a rookie as he led the Colts to a 23-20 victory over Miami. JOE ROBBINS/GETTY IMAGES

Raptors pound Timberwolves to rack up first win of season

Kyle Lowry and DeMar DeRozan each scored 22 points, Alan Anderson had 18 and the Toronto Raptors earned their first victory of the season Sunday night, beating the Minnesota Timberwolves 105-86.

Andrea Bargnani scored 10 points as the Raptors extended Minnesota's miserable record against Toronto. The Raptors have won 15 of the past 16 meetings, including nine straight at home. Minnesota has not won in Toronto since Jan. 21, 2004.

Andrei Kirilenko scored 17 points and Nikola Pekovic had 15 for the Timberwolves, who were outscored 26-13 in the fourth quarter, making just four of 16 field-goal attempts.

Sunday's game

Raptors	Timberwolves
105	86

Derrick Williams had nine points and eight rebounds for Minnesota, which is without injured forward Kevin Love (broken hand) and guard Ricky Rubio (left knee).

Winless in two games coming in, Toronto was playing for the second straight night. The Raptors lost 107-100 at Brooklyn on Saturday night, the Nets' first game in their new home.

The Raptors scored 27 points off of 16 Minnesota turnovers in the first half, and got seven points from Lowry in a 12-4 run over the final 3:10 of the second quarter to open a 56-47 lead at the intermission.

The Timberwolves took better care of the ball in the third quarter, committing just three turnovers and cutting the deficit to 79-73 heading into the fourth. Kirilenko scored seven points in the third and Pekovic had six.

Landry Fields opened the fourth with a dunk and Toronto scored nine of the first 12 points of the quarter, opening an 88-76 lead on Anderson's three-pointer with 8:47 left.

THE ASSOCIATED PRESS

Raptors forward Amir Johnson rattles home a dunk on Sunday in Toronto. TORSTAR NEWS SERVICE

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PLAYOFFS
Semifinals
(Two-game total goals)
EASTERN CONFERENCE
Houston 2 Kansas City 0
(Houston leads series 1-0)
WESTERN CONFERENCE
San Jose at Los Angeles

ENGLAND

PREMIER LEAGUE

Sunday's results
Queens Park Rangers 1 Reading 1
Liverpool 1 Newcastle 1

FRANCE

LIGUE 1

Sunday's results
Ajaccio 0 Marseille 2
Lyon 5 Bastia 2
Bordeaux 1 Toulouse 0

GERMANY

BUNDESLIGA

Sunday's results
Bayer Leverkusen 3 Fortuna Duesseldorf 2
Werder Bremen 2 Mainz 1

GREECE

Sunday's results
Xanthi 1 Levadiakos 0
Asteras 2 Giannena 0
Panionios 1 PAOK 2
Panathinaikos 1 AEK Athens 0

ITALY

SERIE A

Sunday's results
Pescara 2 Parma 0
Bologna 1 Udinese 1
Catania 4 Lazio 0
Fiorentina 4 Cagliari 1
Napoli 1 Torino 1
Sampdoria 1 Atalanta 2
Siena 1 Genoa 0
Roma 4 Palermo 1

PORTUGAL

Sunday's results
Setubal 2 Sporting Lisbon 1
Academica 0 Estoril 2
Pacos Ferreira 0 Olhanense 0
Moreirense 0 Rio Ave 1
Nacional 2 Beira Mar 4

SPAIN

PRIMERA

Sunday's results
Real Sociedad 0 Espanyol 1
Deportivo La Coruna 1 Mallorca 0
Osasuna 0 Valladolid 1
Granada 1 Athletic Bilbao 2
Sevilla 0 Levante 0

TENNIS

WTA

QATAR AIRWAYS TOURNAMENT OF CHAMPIONS

At Sofia, Bulgaria
Championship
Nadia Petrova (2), Russia, def. Caroline Wozniacki, (1) Denmark, 6-2, 6-1.

ATP

WORLD TOUR BNP PARIBAS MASTERS

At Paris
Singles
Championship
David Ferrer (4), Spain, def. Jerzy Janowicz, Poland, 6-4, 6-3.
Doubles
Championship
Mahesh Bhupathi and Rohan Bopanna (5), India, def. Aisam-Ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (7), Netherlands, 7-6 (6), 6-3.

GOLF

WORLD GOLF CHAMPIONSIPS

HSBC CHAMPIONS

At Shenzhen, China
Par 72
Final round

Ian Poulter, $1,200,000	69-68-65-65—267
Jason Dufner, $417,500	68-66-71-64—269
Scott Piercy, $417,500	68-68-68-65—269
Ernie Els, $417,500	70-63-69-67—269
Phil Mickelson, $417,500	66-69-66-68—269
Louis Oosthuizen, $190,000	65-63-70-72—270
Lee Westwood, $190,000	70-67-61-72—270
Adam Scott, $155,000	65-68-71-67—271
Martin Kaymer, $140,000	68-69-67-68—272
Bill Haas, $125,000	69-67-66-71—273
Hiroyuki Fujita, $98,000	73-67-67-67—274
Marcel Siem, $98,000	71-70-66-67—274
Thorbjorn Olesen, $98,000	71-65-70-68—274
Prom Meesawat, $98,000	67-70-69-68—274
Brandt Snedeker, $98,000	72-71-60-71—274
Nick Watney, $80,500	72-72-69-62—275
Carl Pettersson, $80,500	70-68-66-71—275
Marc Leishman, $75,000	73-68-65-70—276
Luke Donald, $75,000	68-68-69-71—276
Gaganjeet Bhullar, $75,000	73-68-63-72—276
Thomas Bjorn, $70,000	72-70-68-67—277
Thongchai Jaidee, $70,000	70-68-69-70—277
Keegan Bradley, $67,000	71-68-68-71—278
Wenchong Liang, $62,250	72-73-66-68—279
Scott Hend, $62,250	70-74-67-68—279
Peter Hanson, $62,250	66-71-73-69—279
Justin Rose, $62,250	72-70-67-70—279
John Senden, $57,500	72-70-70-68—280
Bernd Wiesberger, $57,500	72-72-68-68—280
Thomas Aiken, $57,500	68-73-69-70—280
Gonzalo Fdez-Castano, $57,500	71-67-69-73—280
Shane Lowry, $55,000	66-68-72-75—281
Bubba Watson, $54,000	66-72-69-75—282
Tadahiro Takayama, $52,500	73-69-70-71—283
Ik-Jae Jang, $52,500	68-71-72-72—283
Paul Lawrie, $50,000	69-71-72-72—284
Joost Luiten, $50,000	72-72-68-72—284
Ashun Wu, $50,000	68-70-71-75—284
Thaworn Wiratchant, $47,000	72-70-70-73—285
Francesco Molinari, $47,000	74-69-74-68—285
Dustin Johnson, $47,000	67-68-84-66—285
Julien Quesne, $43,500	71-71-71-73—286
Graeme McDowell, $43,500	71-75-68-72—286
Marcus Fraser, $43,500	73-72-70-71—286
Jamie Donaldson, $43,500	71-74-71-70—286
Brendan Jones, $40,000	74-69-70-74—287

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Milwaukee	2	0	1.000	—
d-New York	2	0	1.000	—
d-Orlando	2	0	1.000	—
Brooklyn	1	0	1.000	½
Chicago	2	1	.667	½
Indiana	2	1	.667	½
Miami	2	1	.667	½
Charlotte	1	1	.500	1
Philadelphia	1	1	.500	1
Boston	1	2	.333	1½
Cleveland	1	2	.333	1½
Toronto	1	2	.333	1½
Atlanta	0	1	.000	1½
Detroit	0	2	.000	2
Washington	0	2	.000	2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	3	0	1.000	—
d-Golden State	2	1	.667	1
d-Portland	2	1	.667	1
L.A. Clippers	2	1	.667	1
Dallas	2	1	.667	1
Houston	2	1	.667	1
New Orleans	2	1	.667	1
Memphis	1	1	.500	1½
Minnesota	1	1	.500	1½
Oklahoma City	1	1	.500	1½
Phoenix	1	2	.333	2
Utah	1	2	.333	2
Denver	0	3	.000	3
L.A. Lakers	0	3	.000	3
Sacramento	0	3	.000	3

d-division leader
Sunday's results
New York 100, Philadelphia 84
Orlando 115, Phoenix 94
Toronto 105, Minnesota 86
Atlanta at Oklahoma City
Detroit at L.A. Lakers
Saturday's results
Indiana 106, Sacramento 98,2OT
Boston 89, Washington 86
Brooklyn 107, Toronto 100
Miami 119, Denver 116
New Orleans 89, Chicago 82
Portland 95, Houston 85, OT
Dallas 126, Charlotte 99
San Antonio 110, Utah 100
Milwaukee 105, Cleveland 102
Golden State 114, L.A. Clippers 110
Monday's games
New York at Philadelphia, 7 p.m.
Minnesota at Brooklyn, 7:30 p.m.
Phoenix at Miami, 7:30 p.m.
Utah at Memphis, 8 p.m.
Portland at Dallas, 8:30 p.m.
Indiana at San Antonio, 8:30 p.m.
Golden State at Sacramento, 10 p.m.
Cleveland at L.A. Clippers, 10:30 p.m.
Tuesday's games
Orlando at Chicago, 8 p.m.
Toronto at Oklahoma City, 8 p.m.
Detroit at Denver, 9 p.m.

RAPTORS 105, T-WOLVES 86

MINNESOTA (86)
Kirilenko 6-7 4-5 17, Williams 3-7 2-4 9, Pekovic 6-11 3-4 15, Ridnour 3-5 2-2 8, Roy 0-3 4-4 4, Shved 2-6 3-4 8, Budinger 3-5 1-2 9, Cunningham 2-7 0-0 4, Barea 3-5 2-2 9, Stiemsma 1-3 0-0 2, Conroy 0-4 0-0 0, Amundson 0-1 1-4 1, Lee 0-0 0-0 0. Totals 29-64 22-31 86.
TORONTO (105)
Fields 2-4 1-1 5, Bargnani 4-16 0-0 10, Valanciunas 2-8 0-0 4, Lowry 8-10 4-4 22, DeRozan 8-14 5-6 22, Ross 1-4 0-0 2, Johnson 3-7 3-4 9, Davis 3-7 0-0 6, Calderon 3-5 0-0 7, Anderson 6-14 2-2 18, Lucas 0-1 0-0 0, McGuire 0-0 0-0 0. Totals 40-90 15-17 105.

Minnesota	24	23	26	13	86
Toronto	25	31	23	26	105

3-Point Goals—Minnesota 6-16 (Budinger 2-3, Williams 1-1, Kirilenko 1-1, Barea 1-3, Shved 1-4, Conroy 0-1, Roy 0-1, Ridnour 0-2), Toronto 10-21 (Anderson 4-8, Lowry 2-3, Bargnani 2-4, Calderon 1-2, DeRozan 1-2, Lucas 0-1, Ross 0-1). Fouled Out—None. Rebounds—Minnesota 49 (Williams 8), Toronto 47 (Lowry, Davis, DeRozan 7). Assists—Minnesota 18 (Ridnour 5), Toronto 18 (Lowry 5). Total Fouls—Minnesota 17, Toronto 24. Technicals—Ridnour, Minnesota defensive three second, Toronto defensive three second. A—16,754 (19,800).

SATURDAY

NETS 107, RAPTORS 100

TORONTO (100)
Fields 1-4 0-0 2, Bargnani 6-12 0-0 13, Valanciunas 1-4 0-0 2, Lowry 9-19 6-7 28, DeRozan 8-13 8-10 25, A.Johnson 5-8 1-2 11, Calderon 1-5 0-0 2, McGuire 0-0 0-0 0, Davis 4-7 3-4 11, Anderson 1-4 0-0 3, Gray 1-2 1-2 3, Lucas 0-4 0-0 0. Totals 37-82 19-25 100.
BROOKLYN (107)
Wallace 4-8 1-2 10, Humphries 1-5 3-4 5, Lopez 8-17 11-15 27, Williams 6-14 6-8 19, J.Johnson 5-13 3-4 14, Watson 6-9 0-0 15, Blatche 3-8 1-2 7, Evans 1-2 0-0 2, Brooks 3-5 2-2 8, Bogans 0-0 0-0 0. Totals 37-81 27-37 107.

Toronto	**35**	**17**	**26**	**22**	**100**
Brooklyn		27	33	24	23	107

3-Point Goals—Toronto 7-18 (Lowry 4-10, Bargnani 1-1, Anderson 1-2, DeRozan 1-2, Lucas 0-1, Calderon 0-2), Brooklyn 6-15 (Watson 3-4, J.Johnson 1-2, Wallace 1-3, Williams 1-5, Blatche 0-1). Fouled Out—None. Rebounds—Toronto 46 (Lowry 8), Brooklyn 59 (Evans 13). Assists—Toronto 23 (Lowry 8), Brooklyn 20 (Williams 9). Total Fouls—Toronto 31, Brooklyn 19. Technicals—Toronto Bench, Brooklyn defensive three second. A—17,732 (18,103).

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	18	11	7	0	478	489	22
x-Toronto	18	9	9	0	445	491	18
Winnipeg	18	6	12	0	376	531	12
Hamilton	18	6	12	0	538	576	12

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-B.C.	18	13	5	0	479	354	26
x-Calgary	18	12	6	0	535	430	24
x-Saskatchewan	18	8	10	0	457	409	16
x-Edmonton	18	7	11	0	422	450	14

x — clinched playoff berth.
y — clinched division.
WEEK 19
Saturday's results
B.C. 17 Saskatchewan 6
Winnipeg 19 Montreal 11
Friday's result
Calgary 30 Edmonton 27
Thursday's result
Toronto 43 Hamilton 40
END OF 2012 CFL REGULAR SEASON

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	4	0	.500	170	149
N.Y. Jets	3	5	0	.375	168	200
Buffalo	3	5	0	.375	180	248

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	1	0	.875	237	137
Indianapolis	5	3	0	.625	159	191
Tennessee	3	6	0	.333	182	308
Jacksonville	1	7	0	.125	117	219

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	199	176
Pittsburgh	5	3	0	.625	191	164
Cincinnati	3	5	0	.375	189	218
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	5	3	0	.625	235	175
San Diego	4	4	0	.500	185	157
Oakland	3	5	0	.375	171	229
Kansas City	1	7	0	.125	133	240

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	254	185
Philadelphia	3	4	0	.429	120	155
Dallas	3	4	0	.429	137	162
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	0	0	1.000	201	130
Tampa Bay	4	4	0	.500	226	185
New Orleans	2	5	0	.286	190	216
Carolina	2	6	0	.250	149	180

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	1	0	.875	236	120
Green Bay	6	3	0	.667	239	187
Minnesota	5	4	0	.556	204	197
Detroit	4	4	0	.500	192	188

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	0	.750	189	103
Seattle	5	4	0	.556	170	154
Arizona	4	5	0	.444	144	173
St. Louis	3	5	0	.375	137	186

Byes: New England, N.Y. Jets, St. Louis, San Francisco
WEEK NINE
Sunday's results
Green Bay 31 Arizona 17
Chicago 51 Tennessee 20
Houston 21 Buffalo 9
Carolina 21 Washington 13
Detroit 31 Jacksonville 14
Denver 31 Cincinnati 23
Baltimore 25 Cleveland 15
Indianapolis 23 Miami 20
Seattle 30 Minnesota 20
Tampa Bay 42 Oakland 32
Pittsburgh 24 N.Y. Giants 20
Dallas at Atlanta
Thursday's result
San Diego 31 Kansas City 13
Monday's game
Philadelphia at New Orleans, 8:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	8	5	2	0	1	23	15	11
Worcester	10	4	4	1	1	28	34	10
St. John's	11	5	6	0	0	26	36	10
Portland	8	4	3	1	0	34	29	9
Providence	8	3	5	0	0	18	23	6

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	8	5	1	0	2	23	15	12
Bridgeport	8	5	3	0	0	28	29	10
Connecticut	8	4	3	1	0	29	27	9
Adirondack	9	4	5	0	0	25	30	8
Albany	8	2	5	0	1	15	22	5

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Norfolk	8	6	2	0	0	33	21	12
Syracuse	8	5	1	1	1	29	26	12
Hershey	9	4	4	1	0	28	29	9
Binghamton	9	4	4	1	0	22	30	9
W-B/Scranton	9	4	5	0	0	25	23	8

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	9	6	1	0	2	32	18	14
Lake Erie	11	7	4	0	0	39	30	14
Rochester	10	6	3	1	0	41	35	13
Hamilton	8	4	2	1	1	21	26	10
Toronto	8	3	4	0	1	19	24	7

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Chicago	10	6	3	1	0	28	29	13
Rockford	10	5	4	0	1	31	33	11
Milwaukee	9	4	5	0	0	21	24	8
Grand Rapids	9	3	4	1	1	32	33	8
Peoria	9	2	5	1	1	13	31	6

SOUTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	10	7	2	0	1	40	24	15
Houston	9	5	3	1	0	34	26	11
Oklahoma City	9	5	3	0	1	31	29	11
San Antonio	8	3	4	0	1	17	22	7
Texas	8	3	5	0	0	17	29	6

Sunday's results
Providence 3 St. John's 0
Charlotte 4 Chicago 1
Wilkes-Barre/Scranton 5 Bridgeport 3
Worcester 1 Manchester 0 (SO)
Oklahoma City at San Antonio
Grand Rapids at Houston
Springfield at Connecticut
Saturday's results
Hamilton 4 Rochester 3
St. John's 3 Worcester 2 (OT)
Adirondack 4 Albany 0
Bridgeport 3 Hershey 2
Grand Rapids 4 Texas 1
Houston 4 Oklahoma City 3 (SO)
Milwaukee 3 Peoria 0
Norfolk 4 Binghamton 2
Rockford 6 Lake Erie 3
Monday's games
No Games Scheduled.
Tuesday's games
Chicago at Charlotte, 7 p.m.
Wednesday's games
Norfolk at Bridgeport, 11 a.m.
Milwaukee at Grand Rapids, 11 a.m.
St. John's at Manchester, 7 p.m.
Binghamton at Wilkes-Barre/Scranton, 7:05 p.m.
Syracuse at Hamilton, 7:30 p.m.
Thursday's games
Peoria at Charlotte, 7 p.m.
Toronto at Houston, 8:05 p.m.

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Horoscopes

Aries
March 21 - April 20
Someone will introduce you to a new idea today and while it may be a bit uncomfortable you will benefit intellectually. But don't get too radical in your thinking: the answers you seek are mainly in the middle ground.

Taurus
April 21 - May 21
Unexpected developments will throw up new challenges and opportunities over the next few days. Are you ready for them? Are you willing to adapt? Only those who know how to think and act fast will gain in the long-term.

Gemini
May 22 - June 21
Your ability to visualize what it is you want to accomplish will make things easy for you this coming week. Others may say you are chasing rainbows, and maybe you are, but at least you have a dream of some sort.

Cancer
June 22 - July 23
Although you may want to comfort someone who has a whole load of personal problems don't make it look as if you condone their negative behavior. Overall, they have only themselves to blame. Sad but true.

Leo
July 24 - Aug. 23
If you don't ask you won't get, so speak up and let others know what it is you want from them. Their response may not be entirely positive but it won't be entirely negative either. You'll get something at least.

Virgo
Aug. 24 - Sept. 23
The planets warn there is still a lot of work to be done to get from where you are now to where you most want to be. The good news is you have a clearly defined goal and can start working towards it.

Libra
Sept. 24 - Oct. 23
You won't be short of ideas and you won't be short of opinions. The one thing you may be short of is the ability to see that not everyone thinks the same way as you. What happened to your Libra sense of balance?

Scorpio
Oct. 24 - Nov. 22
Try not to lapse into negative patterns of behavior, especially where money matters are concerned. If you think you are going to lose out in some way your thoughts will create circumstances that are likely to make it happen.

Sagittarius
Nov. 23 - Dec. 21
Some people seem to think that your main task in life is to look after them. It's about time you let them know it isn't true. Cut off assistance today and let them fend for themselves. In the long-term it will do them good.

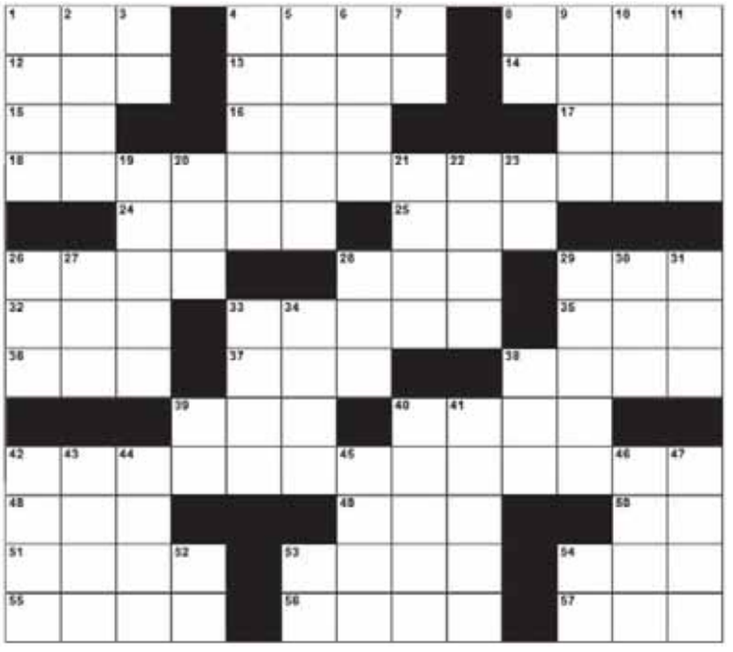
Capricorn
Dec. 22 - Jan. 20
Differences of opinion on the work front need to be resolved this week. Colleagues and employers are ready to talk business but are reluctant to make the first move. Fortunately you're much braver than they are.

Aquarius
Jan. 21 - Feb. 19
If you can get away at short notice this is a good time to travel, but if you are stuck in one place there are other ways you can make life interesting. Use your imagination. What you think today you'll be doing tomorrow.

Pisces
Feb. 20 - March 20
You seem to believe that someone is plotting against you. Common sense should tell you there is nothing to fear
SALLY BROMPTON

Canadian Crossword

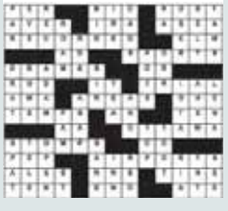
BY BETTY MARTIN



Across
1. Football official
4. Dick and Jane's dog
8. Leave out
12. Appendage
13. Docile
14. Arson
15. Circle ratio
16. Actress Gardner
17. Negative vote
18. Flighty fellows
24. Enemies
25. Chat room access provider
26. Construction area
28. Many thousand (abbr.)
29. Form of address
32. High card
33. Hillock
35. Afternoon social
36. Actor James Van – Beek
37. Three, in Rome
38. Quiet!
39. Possess
40. College official
42. Insatiable Sesame Street character (2 words)
48. Decide on
49. Picnic pest
50. Egyptian Sun God
51. Den
53. Fragrance
54. Brand name for pens
55. As well as
56. Extremely
57. — Haw

Down
1. Knocks sharply
2. Actor McCormack
3. Radio dial
4. Avow
5. Re-tars the road
6. Actor Epps of House, M.D.
7. — Deum
8. "East – Eden"
9. Skirt length
10. Neighbour of Iraq
11. Golf gadgets
19. Comes up next
20. Digit
21. Remove water
22. Dinner accompaniment
23. Actor Pacino
26. Dismal
27. Keeps drinks cold
28. Me, to Miss Piggy
29. Dangerous feat
30. Plural ending
31. Cheer
33. New Zealand fruit
34. Star Trek: Deep Space —
38. This Hour — 22 Minutes
39. Give the go-ahead
40. Blood giver
41. Access
42. Type of pop
43. October birthstone
44. Elevator maker
45. Erected
46. Great lake bordering Lake Ontario
47. The Amazing —
52. Former co-host of The View (init.)
53. Ottawa valley (abbr.)
54. Old time "Road to...." actor (init.)

Yesterday's Crossword



What's online

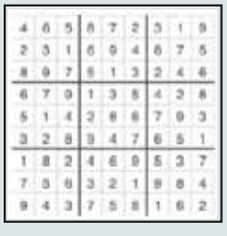
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2		4		7		5		6
			4			3	8	1
			9	6				5
7			3		8			9
1				5	2			
8	6	3			4			
4		5		9		1		2

Yesterday's Sudoku



Today 2°/-9° Sunny
Tuesday 1°/-5° Partly cloudy
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Check the 14 day trend.
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- km: 41002

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- st: 12248-A
- km: 130751

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08 Torrent AWD
- Loaded, A/C, Roof
- st: W80004
- km: 59672

$14,750
$162* Bi-weekly

07 Sorento LX 4WD
- Loaded, A/C, Auto
- st: 32813-A
- km: 109074

$10,850
$119* Bi-weekly

12 Fusion SEL AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 34384
- km: 19820

$22,670
$181*** Bi-weekly

08 LandRover LR2 4WD
- Loaded, A/C, Auto
- st: 32103
- km: 82605

$19,800
$218* Bi-weekly

12 Colorado 4WD
- Loaded, A/C, Auto
- st: 34139
- km: 17835

$27,850
$222*** Bi-weekly

10 Toyota RAV4 4WD
- Loaded, A/C, Auto
- st: 32842
- km: 63695

$21,850
$174*** Bi-weekly

08 Infiniti EX35 AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 33822
- km: 105315

$18,880
$207* Bi-weekly

12 Wrangler Sahara 4WD
- Unlimited, Loaded, Auto
- st: 34330
- km: 26171

$28,940
$231*** Bi-weekly

11 Grand Vitara 4WD
- Loaded, A/C, Auto
- st: 34377
- km: 58929

$16,850
$143*** Bi-weekly

11 Traverse LS AWD
- Loaded, A/C, Auto
- st: 34390
- km: 48949

$23,890
$191*** Bi-weekly

09 Patriot 4WD
- North Edition Loaded, A/C, Auto
- st: 34302
- km: 95154

$12,670
$121** Bi-weekly

08 Lincoln MKZ AWD
- Loaded, Lthr, Roof
- st: 33632
- km: 98400

$15,950
$175* Bi-weekly

12 Sequoia SRS 4WD
- Loaded, A/C, Roof, Auto
- st: 34140
- km: 24823

$46,850
$374*** Bi-weekly

08 Ranger FX4 4WD
- Loaded, A/C, Auto
- st: 33330-A
- km: 77270

$12,750
$140* Bi-weekly

08 Mazda CX-7 AWD
- Loaded, A/C, Auto
- st: 34059
- km: 64801

$15,650
$172* Bi-weekly

11 Honda CR-V LX 4WD
- Loaded, A/C, Auto
- st: 34357
- km: 13474

$22,850
$182*** Bi-weekly

07 Ram 1500 4WD
- Hemi, Loaded, A/C
- st: 34047
- km: 89128

$16,950
$186* Bi-weekly

08 Honda CR-V 4WD
- Loaded, A/C, Auto
- st: 33494
- km: 87593

$15,960
$175* Bi-weekly

09 Pilot 4WD
- Loaded, A/C, Auto
- st: 34239
- km: 62480

$24,950
$225** Bi-weekly

08 Volvo XC90 AWD
- Loaded, A/C, Roof, Lthr, Auto
- st: 33566
- km: 44617

$26,950
$283* Bi-weekly

11 Escalade EXT AWD
- NAV, Loaded, Lthr, Roof, A/C
- st: 34213
- km: 20748

$64,820
$517*** Bi-weekly

09 Benz E300 AWD
- 4Matic, NAV, Loaded, Lthr, Roof
- st: 33686
- km: 46356

$31,840
$287** Bi-weekly

07 Element AWD
- Loaded, A/C, Roof
- st: 34359
- km: 107399

$11,650
$128* Bi-weekly

08 Ford Edge SEL AWD
- Loaded, A/C, Auto
- st: 34136
- km: 79226

$16,880
$186* Bi-weekly

09 Vibe AWD
- A/C, Auto
- st: 12228-A
- km: 95884

$10,780
$103** Bi-weekly

11 Impreza AWD
- Loaded, A/C, Auto
- st: 34339
- km: 36298

$18,450
$157*** Bi-weekly

12 Volvo XC70 AWD
- Loaded, A/C, Lthr, Auto
- st: 334310
- km: 29220

$34,860
$278*** Bi-weekly

12 Suburban 1500 4WD
- Loaded, A/C
- st: 33709
- km: 27634

$35,830
$286*** Bi-weekly

09 Acura MDX AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 34435
- km: 38157

$29,870
$269** Bi-weekly

11 Yukon 4WD
- Loaded, A/C, Auto
- st: 32939
- km: 44543

$28,500
$228*** Bi-weekly

08 FJ Cruiser 4WD
- Loaded, A/C
- st: 34415
- km: 58144

$22,850
$239* Bi-weekly

10 Equinox LS AWD
- Loaded, A/C
- st: 33050
- km: 63009

$17,950
$153*** Bi-weekly

09 Escape XLT 4WD
- Loaded, A/C, Auto
- st: 32908-A
- km: 96465

$14,860
$142** Bi-weekly

08 Santa Fe GLS AWD
- Loaded, A/C, Auto
- st: 34319
- km: 91721

$13,940
$153* Bi-weekly

11 Mitsubishi RVR SE AWD
- Loaded, A/C, Auto
- st: 3972
- km: 25025

$19,940
$170*** Bi-weekly

11 Benz E350 AWD
- 4Matic, NAV, Loaded, Lthr, Roof
- st: 33877
- km: 14374

$58,850
$470*** Bi-weekly

08 Nitro SLT 4WD
- Loaded, A/C
- st: 33583
- km: 93248

$14,950
$164* Bi-weekly

09 Rogue S AWD
- Loaded, A/C
- st: 31425
- km: 62481

$17,980
$172** Bi-weekly

08 Explorer Sporttrac 4WD
- Loaded, A/C, Auto
- st: 34351
- km: 64141

$20,840
$218* Bi-weekly

10 Forester AWD
- Loaded, A/C, Auto
- st: 33139
- km: 62998

$21,980
$175*** Bi-weekly

10 Highlander SE 4WD
- Loaded, Roof, Lthr, Auto
- st: 33196
- km: 14143

$34,850
$278*** Bi-weekly

09 Lexus RX350 AWD
- NAV, Loaded, Lthr, Roof, A/C
- st: 32760
- km: 61296

$31,850
$296** Bi-weekly

09 Outlander ES 4WD
- Loaded, A/C, Auto
- st: 12046-A
- km: 52392

$15,450
$147** Bi-weekly

11 Mazda CX-9 AWD
- Touring, Loaded, Lthr, Auto
- st: 34268
- km: 38331

$29,780
$238*** Bi-weekly

08 Sportage LX 4WD
- Loaded, A/C, Auto
- st: 34307
- km: 98209

$10,870
$119* Bi-weekly

07 Compass Sport 4WD
- Loaded, A/C, Auto
- st: 33359
- km: 94668

$11,850
$130* Bi-weekly

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